

# What Can I Do with a Major in **EXERCISE SCIENCE?**

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Exercise Science is the scientific understanding of the body's response to exercise and the ability to analyze the efficiency of human movement. Graduates in Exercise Science will have the knowledge to prescribe exercise to a wide variety of populations and instruct others on the proper mechanics and techniques of movement.

## **Typical Coursework**

First Aid/CPR  
Nutrition  
Weight Training and Conditioning  
Anatomy of Movement  
Prevention and Care of Athletic Injuries  
Exercise Physiology  
Fitness Testing and Exercise Prescription

Anatomy and Physiology  
Biomechanics of Human Motion  
Exercise Physiology  
Motor Learning  
Chemistry  
Biology  
Concepts in Personal Training

## **Related Major Skills**

Analyzing  
Assessing  
Motor Skills  
Motivational Skills  
Planning Skills  
Patience

Oral & Visual Communication Skills  
Interest in Physical Activities  
Interest in Health Issues  
Interest & Knowledge in the mechanics of the human body (Biomechanics)

## **Directly Related Occupations**

Exercise Specialist  
Cardiac Rehab  
Health & Fitness Specialist  
Strength & Conditioning Coach  
Personal Training

Athletic Trainer  
Exercise Physiologist  
Athletic Coach  
Recreational Therapist  
Fitness Coordinator

## **Who Hires for this Occupation?**

Hospitals, health care services, fitness centers, nursing & residential care facilities, gyms, schools, and recreation facilities.

## **MN Colleges and Universities with a major in Exercise Science**

Augsburg College  
Bemidji State University  
Bethany Lutheran College  
Bethel University  
College of St. Scholastica  
Concordia College, Moorhead  
Concordia University, St. Paul  
Crown College

Hamline University  
Minnesota State University, Moorhead  
St. Catherine University  
Southwest Minnesota State University  
University of Minnesota, Duluth  
University of Minnesota, Twin Cities  
University of St. Thomas  
Winona State University

## **Professional Association Links**

American College of Sports Medicine, <http://www.acsm.org/>

American Council on Exercise, <http://www.acefitness.org/>

American Physiological Society, <http://www.the-aps.org/>

American Society of Exercise Physiologists, <https://www.asep.org/>

Commission on Accreditation of Allied Health Education Programs (CAAHEP)

<http://www.caahep.org/Content.aspx?ID=41>

National Academy of Kinesiology, <http://www.nationalacademyofkinesiology.org/>

National Health and Exercise Science Association, <http://www.nhesa.org/>

## **For More Information**

Contact ARCC Counseling: (763) 433-1240 (CR campus), (763) 433-1840 (Cambridge campus)  
or stop by the campus Information Desk

*Information adapted from:* Minnesota Career Information System <https://mncis.intocareers.org>,  
Career Center at the University of North Carolina at Wilmington <http://uncw.edu/career/WhatCanIDoWithaMajorIn.html>  
Occupational Outlook Handbook, <http://www.bls.gov/ooh/>